

JAN 28 1924

LIBRARY OF 213
CALIFORNIA STATE BOARD OF HEALTH
Medical School
Weekly Bulletin

GEORGE E. EBRIGHT, M. D.
PRESIDENT

FRED F. GUNDRUM, M. D.
VICE PRESIDENT

A. J. SCOTT, JR., M. D.



EDWARD F. GLÄSER, M. D.

ADELAIDE BROWN, M. D.

ROBERT A. PEERS, M. D.

WALTER M. DICKIE, M. D.
SECRETARY AND EXECUTIVE OFFICER

Entered as second-class matter February 21, 1922, at the post office at Sacramento, California, under the Act of August 24, 1912.

Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917.

Vol. I, No. 52

FEBRUARY 10, 1923

GUY P. JONES
EDITOR

THE TUBERCULOSIS PROBLEM.

By ROBERT A. PEERS, M. D.,
Member California State Board of Health.

The prevention of tuberculosis is a very complicated problem and is not nearly so simple as it seems, on first thought. The control of ordinary infectious diseases is accomplished by the prevention of contact between the sick and the well, and by the destruction of the excretions and secretions of those who are sick. This would seem to be an ideal method of attack in the prevention of tuberculosis, but tuberculosis is different, in many respects, from the ordinary case of infectious disease. In the ordinary infectious disease, such as measles, scarlet fever, diphtheria, etc., the patient becomes acutely ill, and has well developed symptoms of disease within two or three days, at the most.

The tuberculosis patient, however, is frequently ill for weeks, or even months, before his disease is diagnosed. Often he thinks his trouble is merely a cold, which hangs on, an attack of bronchitis, an attack of malaria, or some such ailment, when really he is suffering from tuberculosis, and is capable of giving his disease to other people. In the course of weeks or months before his disease is diagnosed, he has come in contact, possibly, with hundreds of people, in intimate contact, perhaps, with scores.

"Missed Cases" Dangerous.

Again, there are many missed cases of tuberculosis, and many tuberculosis carriers, people who never develop the

disease beyond the point where it is necessary to quit work, and who later become cured without ever having required sanatorium care or treatment. During this carrier stage they are capable of infecting many persons.

Since the introduction of tuberculin tests it has been found that a very high percentage of the entire population at some time or other become infected by tubercle bacilli. Whether the individual who has become infected by tubercle bacilli develops the disease to a point where he becomes acutely ill and requires treatment, or whether he eventually overcomes his infection without treatment depends to a great extent upon his environment and mode of living.

Strain Cause of Breakdown.

The thing which causes the person infected by tubercle bacilli to break down and develop tuberculous disease, is strain. Those individuals whose surroundings are insanitary, whose work is too exhausting, whose hours of rest are too short, whose food is of insufficient quantity or quality, are the ones who are most apt to break down under the strain. Those individuals who live in sanitary surroundings, whose work is not beyond their strength, who secure sufficient rest each day to preserve the balance between the breaking down of tissue from work and the building up from food and rest, those persons who secure sufficient food of the proper amount and quality, are unlikely to break down and suffer tuberculous disease.

Points Involved.

The prevention of tuberculosis, therefore, involves many things:

First: All patients with active, open tuberculosis, should be instructed regarding the disposal of sputum and the prevention of the dissemination of germs in coughing and sneezing. They should be taught the avoidance of intimate contact with well individuals, and especially with children. They should have their own dishes, or all dishes in the household of the tuberculous person should be sterilized. They should sleep alone, and should have their own linen.

Second: An effort should be made to discover tuberculous carriers and missed cases so that they also can be trained regarding necessary protective measures.

Third: All the milk supply of the people should be carefully guarded. California has a good law which, if conscientiously lived up to, reduces the danger of infection from tuberculous cows to a minimum.

Fourth: And this is a very important thing: We must prevent the breaking down of already infected tuberculous individuals. As stated above, experience and experiments have shown that a very high percentage of the population becomes infected with tubercle bacilli. Fortunately, only a percentage of these persons break down and develop tuberculous disease.



PRECAUTIONS NECESSARY IN SHIPPING DOGS' HEADS.

The Hygienic Laboratory requests all persons having occasion to send the heads of animals for rabies examinations to observe the following:

1. If anyone has been bitten by a dog, do not kill the animal on mere suspicion; hold it for observation, as the laboratory examination is uncertain in the early stage of the disease.

2. Pack head in a mixture of ice and sawdust in a tin can soldered tightly, and ship by express *prepaid*.

3. Write a letter immediately, so it will be received in advance, giving full information concerning symptoms of the animal and persons bitten.

The State Hygienic Laboratory does not examine tumor specimens, make chemical examinations of urine, or analyze foods for poisons (except in cases of suspected botulinus or "ptomaine" poisoning). Such specimens should be sent to private or commercial laboratories.

TWO MORE HUMAN DEATHS FROM RABIES.

Two more human deaths from rabies have occurred recently, making a total of six such deaths during the past few months. The last two deaths occurred in Orange County and Los Angeles.

In Orange County, a railroad laborer, on the seventeenth of January, experienced difficulty in swallowing cold water. The following day he suffered spasms and paralysis of the throat muscles. His condition became so unfavorable that it was impossible to remove him to the railroad hospital in Los Angeles, and he was taken to the Orange County Hospital. He then became violent, broke down the door to his room, and kept six men at bay for 45 minutes. He frothed at the mouth and showed all symptoms of the disease in its most violent form. He died the next day, January 19th. It was determined that about the middle of December a stray dog had jumped up and struck this man upon the chin, inflicting a slight laceration. He was not bitten by the animal. This slight break in the skin provided a channel for the entrance of the infection, which resulted in this horrible form of death. No preventive treatment had been given, for the reason that the incident was forgotten and no attention paid to the scratch.

The other death was in a Los Angeles child three years of age. The Pasteur treatment had been administered to the child, following a bite by a rabid dog, and had been completed only a few days before the onset of the disease. Apparently, the progress of the disease in this case was so rapid that its development could not be checked by the Pasteur treatment. This occurs very rarely, as the percentage of cases failing to secure immunity promptly, through treatment, is very low.



SMALLPOX MORE SEVERE IN 1922.

Although there were half as many cases of smallpox reported in California last year as in the preceding year, the same number of deaths occurred, indicating that the type of disease that prevailed in the state last year was of a more virulent type. The numbers of cases and deaths from this disease in California during the past three years are as follows:

Year	Number cases reported	Number deaths
1920	4486	7
1921	5581	21
1922	2126	21

1923 CAMP GROUND REGULATIONS.

The California State Board of Health regulations for the sanitation of camp grounds as adopted December 4, 1920, were amended February 3, 1923. These regulations now read as follows:

CALIFORNIA STATE BOARD OF HEALTH.

Regulations Governing Camp-Ground Sanitation. Adopted December 4, 1920.
(Amended February 3, 1923.)

Supervision.

Section 1. The management of every public camp or picnic ground shall assume responsibility for maintaining in good repair all sanitary appliances on said ground, and shall promptly bring such action as may be necessary to prosecute or eject from such ground any person who wilfully or maliciously damages such appliances, or any person who in any way fails to comply with these regulations.

Sec. 2. At least one caretaker shall be employed by the management to visit said camp or picnic ground every day that campers or picnickers occupy said ground. Such caretaker shall do whatever may be necessary to keep said ground and its equipment in a clean and sanitary condition.

Sec. 3. Each and every owner and lessee of any public camp or picnic ground shall be held responsible for full compliance with these regulations.

Sec. 4. Supervision and equipment sufficient to prevent littering of the ground with rubbish, garbage or other refuse shall be provided and maintained. Fly-tight depositories for such materials shall be provided and conspicuously located. Each and every camp or picnic spot on said ground shall be within a distance of not over 200 feet from such a depository. These depositories shall not be permitted to become foul-smelling or unsightly or breeding places for flies.

Camping Space.

Sec. 5. Each camping party shall be allotted usable space of not less than 350 square feet.

Water Supply.

Sec. 6. A water supply of sanitary quality shall be provided in ample quantity to meet all requirements of the maximum number of persons using such ground at any time. Said water supply shall be easily obtainable from its source or on a pipe distribution system, faucets from which shall be located not more than 300 feet from any camp or picnic spot within such ground. If water supply is obtained direct from above-ground source, said source must be covered properly and water withdrawn by means of open pipe or faucet. In no case can dipping from open springs be permitted.

Sec. 7. Any water considered unsafe for human consumption in the vicinity of such ground, to which campers or picnickers may have access, shall be either eliminated or purified, or shall be kept posted with placards definitely warning persons against its use.

Protection Against Fires.

Sec. 8. No fires shall at any time be so located as to endanger automobiles or other property in the camp ground. No fires shall

be left unattended at any time, and all fires shall be completely extinguished before leaving.

Sewage and Refuse Disposal.

Sec. 9. The method of final sewage or refuse disposal utilized in connection with the operation of any camp or picnic ground shall be such as to create no nuisance.

Sec. 10. Fly-tight privies or water-flushed toilets shall be provided and shall be maintained in a clean and sanitary condition. Separate toilets for men and women shall be provided, one for each 25 men, and one for each 25 women, or fraction thereof of the maximum number of persons occupying such ground at any time. No camp or picnic spot within such ground shall be at a greater distance than 400 feet from both a men's and a women's toilet. The location of all toilets shall be plainly indicated by signs.

Sec. 11. A sufficient number of iron hoppers or basins shall be provided, and each shall be connected with a sewerage system or covered cesspool; these are to be used for the disposal of domestic waste waters.

Penalties.

Sec. 12. Failure to comply with the foregoing regulations shall be deemed sufficient cause for declaring the premises a public nuisance under the provisions of section 370 of the Penal Code of California.

Sec. 13. These regulations shall be printed and kept posted in several conspicuous places in every camp or picnic ground.



There is a conception of state government which looks upon it as a mechanism; as a sort of machine that merely holds together the various administrative functions. This conception makes machinery and mechanism the only essential features and also looks upon this mechanism as fixed and any attempt to make it function more flexibly as an unwarranted interference with long vested constitutional privilege.

It has been my thought that within the limits of constitutional government there is much room for adaptation to the daily, homely needs of those who are really the backbone of the state—its men, women and children. I have expressed many times my conviction that the state is not its rivers or forests or railroads or properties, but that it is made up of living, breathing, thinking human beings, and that it is the duty of the state to do everything in its power to make life more livable and conditions more equable for them.—Alfred E. Smith, Governor of the State of New York.



It is gratifying to know that in a time when public burdens have lain very heavy upon the people there has been everywhere a determined purpose to maintain education unimpaired, in order that the coming generation may be equipped, regardless of sacrifices in the present, for the increasing responsibilities which it must bear. * * *

The strength and security of the nation will always rest in the intelligent body of its people. Our education should implant conceptions of public duty and private obligation broad enough to envisage the problems of a greatly distraught world. More than anything else, men and women need the capacity to see with clear eye and to contemplate with open, unprejudiced mind, the issues of these times. Only through a properly motivated and generously inspired process of education can this be accomplished.—President Harding.

**LIST OF DISEASES REPORTABLE
BY LAW.**

ANTHRAX	MEASLES
BERI-BERI	MUMPS
BOTULISM	OPHTHALMIA NEONATA
CEREBROSPINAL MENINGITIS (Epidemic)	TORUM
CHICKENPOX	PARATYPHOID FEVER
CHOLERA, ASIATIC	PELLAGRA
DENGUE	PLAGUE
DIPHTHERIA	PNEUMONIA
DYSENTERY	POLIOMYELITIS
ENCEPHALITIS (Epidemic)	RABIES
ERYSIPELAS	ROCKY MOUNTAIN
FLUKES	SPOTTED (or Tick)
FOOD POISONING	FEVER
GERMAN MEASLES	SCARLET FEVER
GLANDERS	SMALLPOX
GONOCOCCUS INFECTION*	SYPHILIS*
HOOKWORM	TETANUS
INFLUENZA	TRACHOMA
JAUNDICE, INFECTIOUS	TUBERCULOSIS
LEPROSY	TYPHOID FEVER
MALARIA	TYPHUS FEVER
	WHOOPING COUGH
	YELLOW FEVER

QUARANTINABLE DISEASES.

CEREBROSPINAL MENINGITIS (Epidemic)	POLIOMYELITIS
CHOLERA, ASIATIC	SCARLET FEVER
DIPHTHERIA	SMALLPOX
ENCEPHALITIS (Epidemic)	TYPHOID FEVER
LEPROSY	TYPHUS FEVER
PLAGUE	YELLOW FEVER

*Reported by office number. Name and address not required.

MORBIDITY.***Smallpox.**

Eleven cases of smallpox have been reported, 1 each from Bakersfield, Colusa, Los Angeles and Watsonville, and 2 from Oakland, 3 from Oxnard and 2 from Ventura.

Typhoid Fever.

Seven cases of typhoid fever have been reported, distributed as follows: Kings County 1, La Mesa 2, Los Angeles 1, Oakland 1, San Francisco 1, Watsonville 1.

Epidemic Cerebrospinal Meningitis.

Six cases of epidemic cerebrospinal meningitis have been reported, Kings County reporting 1, Oakland 1, and San Francisco 4.

Epidemic Encephalitis.

Los Angeles reported 2 cases of epidemic encephalitis.

Rabies (Human).

Los Angeles reported 1 case of human rabies.

Botulism.

Los Angeles reported 2 cases of botulism.

*From reports received to date for last week.

COMMUNICABLE DISEASE REPORTS.

Disease	1923				1922			
	Week ending			Reports for week ending Feb. 3 received by Feb. 6	Week ending			Reports for week ending Feb. 4 received by Feb. 8
	Jan. 13	Jan. 20	Jan. 27		Jan. 14	Jan. 21	Jan. 28	
Anthrax	0	2	0	0	0	0	0	0
Botulism	0	0	0	2	0	0	0	0
Cerebrospinal Meningitis	1	1	1	6	0	1	1	7
Chickenpox	151	172	150	125	130	99	122	106
Diphtheria	209	169	206	164	287	336	297	231
Dysentery (Bacillary)	0	0	2	1	0	0	1	0
Epidemic Encephalitis	4	4	9	2	1	4	1	6
Gonorrhoea	165	57	113	92	129	68	70	117
Influenza	45	156	185	177	20	31	68	111
Leprosy	0	0	1	0	0	1	0	0
Malaria	3	0	1	3	2	0	1	2
Measles	62	110	247	159	23	25	14	14
Mumps	16	20	18	18	99	117	99	74
Pneumonia	151	140	141	126	96	103	100	131
Poliomyelitis	0	0	2	0	3	3	4	0
Rabies	0	1	0	1	0	0	0	0
Scarlet Fever	169	142	151	135	128	132	146	169
Smallpox	28	19	10	11	188	162	122	99
Syphilis	124	61	134	113	110	65	101	63
Tuberculosis	154	161	149	182	150	144	145	145
Typhoid Fever	13	15	11	7	5	7	12	10
Whooping Cough	123	118	88	69	50	48	57	50
Totals	1,418	1,348	1,619	1,393	1,421	1,345	1,361	1,335